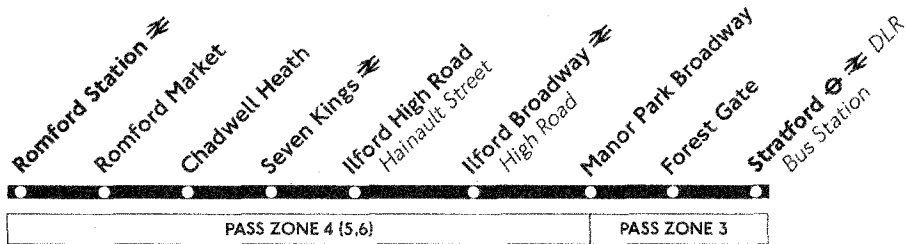


## Romford – Ilford – Stratford



### Monday - Friday

|                                  | 0545 | 0555 | 0605 |       | 1431 | 1441 | 1451 | 1501 | 1511    | 1521 | SD   | NSD  | SD   | NSD  |       | 1839  | 1852 |
|----------------------------------|------|------|------|-------|------|------|------|------|---------|------|------|------|------|------|-------|-------|------|
| Romford Station ➡                | 0545 | 0555 | 0605 |       | 1431 | 1441 | 1451 | 1501 | 1511    | 1521 | ---  | 1526 | 1531 | 1533 | 1540  | 1839  | 1852 |
| Romford Market                   | 0547 | 0557 | 0607 |       | 1434 | 1444 | 1454 | 1504 | 1514    | 1524 | ---  | 1529 | 1535 | 1537 | 1544  | 1841  | 1854 |
| Romford St Edwards School        | ---  | ---  | ---  | Then  | ---  | ---  | ---  | ---  | ---     | ---  | 1537 | ---  | 1544 | ---  | ---   | Then  | ---  |
| Chadwell Heath Wangey Road       | 0556 | 0606 | 0616 | about | 1447 | 1457 | 1507 | 1517 | 1527    | 1537 | 1542 | 1542 | 1550 | 1557 | about | 1852  | 1905 |
| Seven Kings Station ➡            | 0602 | 0612 | 0622 | every | 1454 | 1504 | 1514 | 1524 | 1535    | 1545 | 1550 | 1550 | 1558 | 1558 | 1605  | every | 1859 |
| Ilford High Road Hainault Street | 0606 | 0616 | 0626 | 8-9   | 1501 | 1511 | 1521 | 1531 | 1543    | 1553 | 1558 | 1558 | 1606 | 1606 | 1613  | 8-9   | 1903 |
| Ilford Broadway High Road ➡      | 0608 | 0618 | 0628 | mins  | 1505 | 1515 | 1525 | 1535 | 1547    | 1557 | 1602 | 1602 | 1610 | 1610 | 1617  | mins  | 1905 |
| Manor Park Broadway              | 0614 | 0624 | 0634 | until | 1516 | 1526 | 1536 | 1546 | 1557    | 1607 | 1612 | 1612 | 1620 | 1620 | 1627  | until | 1913 |
| Forest Gate Green Street         | 0617 | 0628 | 0639 |       | 1522 | 1532 | 1542 | 1552 | 1603    | 1613 | 1618 | 1618 | 1626 | 1626 | 1633  |       | 1918 |
| Stratford Bus Station ⬅ ➡ DLR    | 0624 | 0637 | 0651 |       | 1533 | 1543 | 1553 | 1603 | 1613    | 1623 | 1628 | 1628 | 1636 | 1636 | 1643  |       | 1927 |
| Romford Station ➡                | 1905 | 1918 | 1931 |       | 2019 | 2033 | 2047 | 2101 |         |      | 2216 | 2232 | 2248 | 2305 | 2320  | 2336  | 2351 |
| Romford Market                   | 1907 | 1920 | 1933 |       | 2021 | 2035 | 2049 | 2103 |         |      | 2218 | 2234 | 2250 | 2307 | 2322  | 2338  | 2353 |
| Chadwell Heath Wangey Road       | 1918 | 1931 | 1944 | Then  | 2032 | 2046 | 2100 | 2114 | Then    |      | 2229 | 2245 | 2301 | 2316 | 2331  | 2347  | 0002 |
| Seven Kings Station ➡            | 1925 | 1938 | 1951 | every | 2039 | 2053 | 2107 | 2121 | every   |      | 2236 | 2252 | 2307 | 2322 | 2337  | 2353  | 0008 |
| Ilford High Road Hainault Street | 1929 | 1942 | 1955 | 12    | 2043 | 2057 | 2111 | 2125 | 15      |      | 2240 | 2256 | 2311 | 2326 | 2341  | 2357  | 0012 |
| Ilford Broadway High Road ➡      | 1931 | 1944 | 1957 | mins  | 2045 | 2059 | 2113 | 2127 | minutes |      | 2242 | 2258 | 2313 | 2328 | 2343  | 2359  | 0014 |
| Manor Park Broadway              | 1939 | 1951 | 2003 | until | 2051 | 2105 | 2119 | 2133 | until   |      | 2248 | 2304 | 2319 | 2334 | 2349  | 0005  | 0020 |
| Forest Gate Green Street         | 1943 | 1955 | 2007 |       | 2055 | 2109 | 2123 | 2137 |         |      | 2252 | 2307 | 2322 | 2337 | 2352  | 0008  | 0023 |
| Stratford Bus Station ⬅ ➡ DLR    | 1951 | 2003 | 2015 |       | 2103 | 2117 | 2131 | 2145 |         |      | 2300 | 2315 | 2330 | 2345 | 2400  | 0015  | 0030 |

### Saturday

|                                  | 0545 | 0605 | 0625 | 0642 | 0700  | 0719 | 0739 | 0755 | 0810 | 0819  |       | 1657 | 1706 | 1716 | 1726 | 1736 | 1746 | 1758 |
|----------------------------------|------|------|------|------|-------|------|------|------|------|-------|-------|------|------|------|------|------|------|------|
| Romford Station ➡                | 0545 | 0605 | 0625 | 0642 | 0700  | 0719 | 0739 | 0755 | 0810 | 0819  |       | 1657 | 1706 | 1716 | 1726 | 1736 | 1746 | 1758 |
| Romford Market                   | 0547 | 0607 | 0627 | 0644 | 0702  | 0721 | 0741 | 0757 | 0812 | 0821  | Then  | 1701 | 1710 | 1720 | 1730 | 1740 | 1750 | 1800 |
| Chadwell Heath Wangey Road       | 0556 | 0616 | 0636 | 0653 | 0711  | 0731 | 0751 | 0807 | 0822 | 0831  | about | 1715 | 1724 | 1734 | 1744 | 1754 | 1804 | 1813 |
| Seven Kings Station ➡            | 0602 | 0622 | 0642 | 0659 | 0717  | 0737 | 0757 | 0813 | 0828 | 0837  | every | 1723 | 1732 | 1742 | 1752 | 1802 | 1812 | 1820 |
| Ilford High Road Hainault Street | 0606 | 0626 | 0646 | 0704 | 0722  | 0742 | 0802 | 0818 | 0833 | 0842  | 7-8   | 1730 | 1739 | 1749 | 1759 | 1809 | 1816 | 1824 |
| Ilford Broadway High Road ➡      | 0608 | 0628 | 0648 | 0706 | 0724  | 0744 | 0804 | 0820 | 0835 | 0844  | mins  | 1733 | 1742 | 1752 | 1801 | 1812 | 1818 | 1826 |
| Manor Park Broadway              | 0614 | 0634 | 0654 | 0713 | 0733  | 0753 | 0813 | 0829 | 0844 | 0853  | until | 1744 | 1753 | 1803 | 1810 | 1818 | 1824 | 1832 |
| Forest Gate Green Street         | 0617 | 0637 | 0657 | 0716 | 0736  | 0756 | 0816 | 0832 | 0847 | 0856  |       | 1749 | 1758 | 1807 | 1814 | 1822 | 1828 | 1836 |
| Stratford Bus Station ⬅ ➡ DLR    | 0624 | 0644 | 0704 | 0724 | 0744  | 0804 | 0824 | 0840 | 0855 | 0904  |       | 1758 | 1807 | 1815 | 1822 | 1830 | 1836 | 1844 |
| Romford Station ➡                | 1804 | 1813 | 1822 | 1831 |       | 2019 | 2033 | 2047 | 2101 |       | 2216  | 2232 | 2248 | 2305 | 2320 | 2336 | 2351 | 0006 |
| Romford Market                   | 1808 | 1816 | 1825 | 1833 |       | 2021 | 2035 | 2049 | 2103 |       | 2218  | 2234 | 2250 | 2307 | 2322 | 2338 | 2353 | 0008 |
| Chadwell Heath Wangey Road       | 1820 | 1828 | 1836 | 1844 | Then  | 2032 | 2046 | 2100 | 2114 | Then  | 2229  | 2245 | 2301 | 2316 | 2331 | 2347 | 0002 | 0017 |
| Seven Kings Station ➡            | 1827 | 1835 | 1843 | 1851 | every | 2039 | 2053 | 2107 | 2121 | every | 2236  | 2252 | 2307 | 2322 | 2337 | 2353 | 0008 | 0023 |
| Ilford High Road Hainault Street | 1831 | 1839 | 1847 | 1855 | 12    | 2043 | 2057 | 2111 | 2125 | 15    | 2240  | 2256 | 2311 | 2326 | 2341 | 2357 | 0012 | 0027 |
| Ilford Broadway High Road ➡      | 1833 | 1841 | 1849 | 1857 | mins  | 2045 | 2059 | 2113 | 2127 | mins  | 2242  | 2258 | 2313 | 2328 | 2343 | 2359 | 0014 | 0029 |
| Manor Park Broadway              | 1839 | 1847 | 1855 | 1903 | until | 2051 | 2105 | 2119 | 2133 | until | 2248  | 2304 | 2319 | 2334 | 2349 | 0005 | 0020 | 0035 |
| Forest Gate Green Street         | 1843 | 1851 | 1859 | 1907 |       | 2055 | 2109 | 2123 | 2137 |       | 2252  | 2307 | 2322 | 2337 | 2352 | 0008 | 0023 | 0038 |
| Stratford Bus Station ⬅ ➡ DLR    | 1851 | 1859 | 1907 | 1915 |       | 2103 | 2117 | 2131 | 2145 |       | 2300  | 2315 | 2330 | 2345 | 2400 | 0015 | 0030 | 0045 |

### Sunday and Public Holidays

|                                  | 0545 | 0615 | 0645 | 0719  | 0749 | 0809 |       | 0909 | 0924    | 0938 | 0950 | 1002 | 1016 | 1029 | 1044 | 1056 |       | 1541 |
|----------------------------------|------|------|------|-------|------|------|-------|------|---------|------|------|------|------|------|------|------|-------|------|
| Romford Station ➡                | 0545 | 0615 | 0645 | 0719  | 0749 | 0809 |       | 0909 | 0924    | 0938 | 0950 | 1002 | 1016 | 1029 | 1044 | 1056 |       | 1541 |
| Romford Market                   | 0547 | 0617 | 0647 | 0721  | 0751 | 0811 |       | 0911 | 0926    | 0940 | 0952 | 1005 | 1019 | 1032 | 1047 | 1100 |       | 1545 |
| Chadwell Heath Wangey Road       | 0556 | 0626 | 0656 | 0730  | 0800 | 0820 | Then  | 0920 | 0935    | 0949 | 1001 | 1015 | 1029 | 1042 | 1057 | 1111 | Then  | 1556 |
| Seven Kings Station ➡            | 0601 | 0631 | 0701 | 0735  | 0805 | 0826 | every | 0926 | 0941    | 0955 | 1007 | 1021 | 1035 | 1048 | 1103 | 1118 | every | 1603 |
| Ilford High Road Hainault Street | 0605 | 0635 | 0705 | 0739  | 0809 | 0831 | 20    | 0931 | 0946    | 1000 | 1013 | 1027 | 1041 | 1054 | 1109 | 1124 | 15    | 1609 |
| Ilford Broadway High Road ➡      | 0607 | 0637 | 0707 | 0741  | 0811 | 0833 | mins  | 0933 | 0948    | 1002 | 1016 | 1030 | 1044 | 1057 | 1112 | 1127 | mins  | 1612 |
| Manor Park Broadway              | 0613 | 0643 | 0713 | 0747  | 0818 | 0840 | until | 0940 | 0956    | 1011 | 1025 | 1039 | 1053 | 1106 | 1121 | 1136 | until | 1621 |
| Forest Gate Green Street         | 0617 | 0647 | 0717 | 0751  | 0823 | 0845 |       | 0945 | 1001    | 1016 | 1030 | 1044 | 1058 | 1112 | 1127 | 1142 |       | 1627 |
| Stratford Bus Station ⬅ ➡ DLR    | 0624 | 0654 | 0724 | 0758  | 0831 | 0853 |       | 0953 | 1009    | 1024 | 1038 | 1052 | 1107 | 1122 | 1137 | 1152 |       | 1637 |
| Romford Station ➡                | 1556 | 1611 | 1625 |       | 1810 | 1827 | 1844  | 1901 |         |      | 2216 | 2232 | 2248 | 2305 | 2320 | 2336 | 2351  | 0006 |
| Romford Market                   | 1600 | 1615 | 1629 |       | 1814 | 1830 | 1847  | 1903 |         |      | 2218 | 2234 | 2250 | 2307 | 2322 | 2338 | 2353  | 0008 |
| Chadwell Heath Wangey Road       | 1611 | 1626 | 1640 | Then  | 1825 | 1841 | 1858  | 1914 | Then    |      | 2229 | 2245 | 2301 | 2316 | 2331 | 2347 | 0002  | 0017 |
| Seven Kings Station ➡            | 1618 | 1633 | 1647 | every | 1832 | 1848 | 1905  | 1921 | every   |      | 2236 | 2252 | 2307 | 2322 | 2337 | 2353 | 0008  | 0023 |
| Ilford High Road Hainault Street | 1624 | 1638 | 1652 | 15    | 1837 | 1853 | 1909  | 1925 | 15      |      | 2240 | 2256 | 2311 | 2326 | 2341 | 2357 | 0012  | 0027 |
| Ilford Broadway High Road ➡      | 1627 | 1641 | 1655 | mins  | 1840 | 1856 | 1911  | 1927 | minutes |      | 2242 | 2258 | 2313 | 2328 | 2343 | 2359 | 0014  | 0029 |
| Manor Park Broadway              | 1636 | 1647 | 1701 | until | 1846 | 1902 | 1917  | 1933 | until   |      | 2248 | 2304 | 2319 | 2334 | 2349 | 0005 | 0020  | 0035 |
| Forest Gate Green Street         | 1641 | 1652 | 1706 |       | 1851 | 1906 | 1921  | 1937 |         |      | 2252 | 2307 | 2322 | 2337 | 2352 | 0008 | 0023  | 0038 |
| Stratford Bus Station ⬅ ➡ DLR    | 1651 | 1702 | 1716 |       | 1901 | 1915 | 1930  | 1945 |         |      | 2300 | 2315 | 2330 | 2345 | 2400 | 0015 | 0030  | 0045 |

SD - Schooldays only

NSD - Not schooldays

We do all we can to run the services shown but circumstances beyond our control mean that we may not always succeed. Special services run during the Christmas and New Year Holiday, with no buses on Christmas Day.

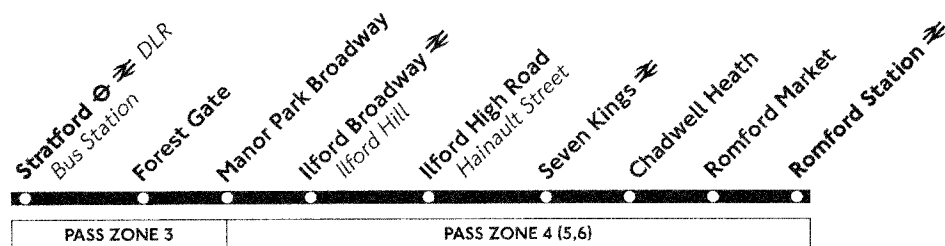
Operated by **Stagecoach East London**  
for London Transport Buses



If you have any comments regarding this service, please contact Customer Service Centre, London Transport Buses, 55 Broadway, London SW1H 0BD  
Telephone: 0171-918 4300.

003 EL 26.6.99

## Stratford – Ilford – Romford



## Monday - Friday

|                                  |      |      |      |      |       |      |       |       |       |       |      |       |      |      |      |      |      |      |
|----------------------------------|------|------|------|------|-------|------|-------|-------|-------|-------|------|-------|------|------|------|------|------|------|
| Stratford Bus Station ⇌ DLR      | 0628 | 0640 | 0652 | 0703 |       | 1423 | 1431  | 1440  | 1448  | 1456  | 1505 |       | 1827 | 1837 | 1847 | 1857 | 1907 | 1919 |
| Forest Gate Green Street         | 0637 | 0649 | 0701 | 0712 |       | 1437 | 1445  | 1454  | 1502  | 1510  | 1519 |       | 1844 | 1852 | 1901 | 1911 | 1921 | 1933 |
| Manor Park Broadway              | 0639 | 0651 | 0703 | 0714 | Then  | 1442 | 1450  | 1459  | 1507  | 1515  | 1524 | Then  | 1850 | 1858 | 1907 | 1917 | 1927 | 1938 |
| Ilford Broadway Ilford Hill ⇌    | 0644 | 0656 | 0708 | 0719 | about | 1450 | 1458  | 1507  | 1515  | 1523  | 1533 | about | 1858 | 1906 | 1915 | 1925 | 1935 | 1944 |
| Ilford High Road Hainault Street | 0647 | 0659 | 0712 | 0723 | every | 1456 | 1504  | 1513  | 1521  | 1529  | 1539 | every | 1903 | 1911 | 1920 | 1930 | 1939 | 1948 |
| Seven Kings Station ⇌            | 0651 | 0703 | 0716 | 0727 | 8-9   | 1501 | 1509  | 1519  | 1529  | 1537  | 1547 | 8-9   | 1908 | 1916 | 1925 | 1934 | 1943 | 1952 |
| Chadwell Heath Wangey Road       | 0657 | 0709 | 0722 | 0734 | mins  | 1508 | 1516  | 1526  | 1536  | 1545  | 1555 | mins  | 1915 | 1923 | 1932 | 1941 | 1950 | 1959 |
| Romford St Edwards School        |      |      |      |      | until |      | 1523s | 1533s | 1543s | 1552s |      | until |      |      |      |      |      |      |
| Romford Market                   | 0708 | 0720 | 0734 | 0748 |       | 1521 | 1531  | 1541  | 1551  | 1600  | 1608 |       | 1928 | 1936 | 1944 | 1953 | 2002 | 2011 |
| Romford Station ⇌                | 0710 | 0723 | 0737 | 0751 |       | 1525 | 1535  | 1545  | 1555  | 1604  | 1612 |       | 1931 | 1938 | 1946 | 1955 | 2004 | 2013 |

|                                  |      |       |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|----------------------------------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Stratford Bus Station ⇌ DLR      | 1932 |       | 2108 | 2122 | 2137 | 2152 | 2207 | 2222 | 2237 | 2252 | 2307 | 2322 | 2337 | 2352 | 0007 | 0022 | 0037 | 0052 |
| Forest Gate Green Street         | 1943 |       | 2119 | 2133 | 2148 | 2203 | 2218 | 2233 | 2248 | 2303 | 2318 | 2331 | 2346 | 0001 | 0016 | 0031 | 0046 | 0101 |
| Manor Park Broadway              | 1948 | Then  | 2124 | 2138 | 2153 | 2208 | 2223 | 2238 | 2253 | 2307 | 2321 | 2333 | 2348 | 0003 | 0018 | 0033 | 0048 | 0103 |
| Ilford Broadway Ilford Hill ⇌    | 1954 | every | 2130 | 2144 | 2159 | 2214 | 2229 | 2244 | 2259 | 2312 | 2326 | 2338 | 2353 | 0008 | 0023 | 0038 | 0053 | 0108 |
| Ilford High Road Hainault Street | 1958 | 12    | 2134 | 2148 | 2203 | 2218 | 2233 | 2248 | 2303 | 2316 | 2330 | 2342 | 2357 | 0011 | 0026 | 0041 | 0056 | 0111 |
| Seven Kings Station ⇌            | 2002 | mins  | 2138 | 2152 | 2207 | 2222 | 2237 | 2252 | 2307 | 2320 | 2334 | 2346 | 0001 | 0015 | 0030 | 0045 | 0100 | 0115 |
| Chadwell Heath Wangey Road       | 2009 | until | 2145 | 2159 | 2214 | 2229 | 2244 | 2259 | 2313 | 2326 | 2340 | 2352 | 0006 | 0020 | 0035 | 0050 | 0105 | 0120 |
| Romford Market                   | 2021 |       | 2157 | 2211 | 2226 | 2241 | 2256 | 2308 | 2322 | 2335 | 2349 | 0001 | 0014 | 0028 | 0043 | 0058 | 0113 | 0128 |
| Romford Station ⇌                | 2023 |       | 2159 | 2213 | 2228 | 2243 | 2258 | 2310 | 2324 | 2337 | 2351 | 0003 | 0016 | 0030 | 0045 | 0100 | 0115 | 0130 |

## Saturday

|                                  |      |      |      |      |      |      |      |      |      |         |  |  |      |      |      |         |      |      |
|----------------------------------|------|------|------|------|------|------|------|------|------|---------|--|--|------|------|------|---------|------|------|
| Stratford Bus Station ⇌ DLR      | 0629 | 0649 | 0709 | 0724 | 0739 | 0754 | 0809 | 0817 | 0824 |         |  |  | 1747 | 1756 | 1808 |         | 2108 | 2122 |
| Forest Gate Green Street         | 0638 | 0658 | 0719 | 0734 | 0749 | 0804 | 0819 | 0827 | 0834 | Then    |  |  | 1801 | 1810 | 1819 |         | 2119 | 2133 |
| Manor Park Broadway              | 0640 | 0700 | 0722 | 0737 | 0752 | 0807 | 0822 | 0830 | 0837 | about   |  |  | 1806 | 1815 | 1824 | Then    | 2124 | 2138 |
| Ilford Broadway Ilford Hill ⇌    | 0645 | 0705 | 0727 | 0742 | 0757 | 0812 | 0827 | 0835 | 0842 | every   |  |  | 1813 | 1821 | 1830 | every   | 2130 | 2144 |
| Ilford High Road Hainault Street | 0648 | 0708 | 0731 | 0746 | 0801 | 0816 | 0831 | 0839 | 0846 | 7-8     |  |  | 1817 | 1825 | 1834 | 12      | 2134 | 2148 |
| Seven Kings Station ⇌            | 0652 | 0712 | 0735 | 0750 | 0805 | 0820 | 0835 | 0843 | 0850 | minutes |  |  | 1821 | 1829 | 1838 | minutes | 2138 | 2152 |
| Chadwell Heath Wangey Road       | 0657 | 0718 | 0741 | 0756 | 0811 | 0826 | 0841 | 0849 | 0857 | until   |  |  | 1828 | 1836 | 1845 | until   | 2145 | 2159 |
| Romford Market                   | 0705 | 0730 | 0753 | 0808 | 0823 | 0838 | 0853 | 0901 | 0909 |         |  |  | 1840 | 1848 | 1857 |         | 2257 | 2211 |
| Romford Station ⇌                | 0707 | 0732 | 0755 | 0810 | 0825 | 0840 | 0855 | 0903 | 0912 |         |  |  | 1842 | 1850 | 1859 |         | 2259 | 2213 |

|                                  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |  |  |  |  |
|----------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--|--|--|--|
| Stratford Bus Station ⇌ DLR      | 2137 | 2152 | 2207 | 2222 | 2237 | 2252 | 2307 | 2322 | 2337 | 2352 | 0007 | 0022 | 0037 | 0052 |  |  |  |  |
| Forest Gate Green Street         | 2148 | 2203 | 2218 | 2233 | 2248 | 2303 | 2318 | 2331 | 2346 | 0001 | 0016 | 0031 | 0046 | 0101 |  |  |  |  |
| Manor Park Broadway              | 2153 | 2208 | 2223 | 2238 | 2253 | 2307 | 2321 | 2333 | 2348 | 0003 | 0018 | 0033 | 0048 | 0103 |  |  |  |  |
| Ilford Broadway Ilford Hill ⇌    | 2159 | 2214 | 2229 | 2244 | 2259 | 2312 | 2326 | 2338 | 2353 | 0008 | 0023 | 0038 | 0053 | 0108 |  |  |  |  |
| Ilford High Road Hainault Street | 2203 | 2218 | 2233 | 2248 | 2303 | 2316 | 2330 | 2342 | 2357 | 0011 | 0026 | 0041 | 0056 | 0111 |  |  |  |  |
| Seven Kings Station ⇌            | 2207 | 2222 | 2237 | 2252 | 2307 | 2320 | 2334 | 2346 | 0001 | 0015 | 0030 | 0045 | 0100 | 0115 |  |  |  |  |
| Chadwell Heath Wangey Road       | 2214 | 2229 | 2244 | 2259 | 2313 | 2326 | 2340 | 2352 | 0006 | 0020 | 0035 | 0050 | 0105 | 0120 |  |  |  |  |
| Romford Market                   | 2226 | 2241 | 2256 | 2308 | 2322 | 2335 | 2349 | 0001 | 0014 | 0028 | 0043 | 0058 | 0113 | 0128 |  |  |  |  |
| Romford Station ⇌                | 2228 | 2243 | 2258 | 2310 | 2324 | 2337 | 2351 | 0003 | 0016 | 0030 | 0045 | 0100 | 0115 | 0130 |  |  |  |  |

## Sunday and Public Holidays

|                                  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |      |
|----------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|------|
| Stratford Bus Station ⇌ DLR      | 0629 | 0659 | 0731 | 0803 | 0823 | 0843 | 0900 | 0917 | 0932 | 0947 | 1002 | 1017 | 1031 | 1046 | 1101 | 1117 |       | 1602 |
| Forest Gate Green Street         | 0640 | 0710 | 0742 | 0814 | 0834 | 0854 | 0911 | 0928 | 0943 | 0958 | 1013 | 1028 | 1042 | 1057 | 1113 | 1130 |       | 1615 |
| Manor Park Broadway              | 0643 | 0713 | 0745 | 0817 | 0837 | 0857 | 0914 | 0931 | 0946 | 1001 | 1017 | 1032 | 1046 | 1101 | 1117 | 1134 | Then  | 1619 |
| Ilford Broadway Ilford Hill ⇌    | 0648 | 0718 | 0751 | 0823 | 0843 | 0903 | 0920 | 0937 | 0952 | 1007 | 1023 | 1038 | 1052 | 1109 | 1126 | 1143 | every | 1628 |
| Ilford High Road Hainault Street | 0651 | 0721 | 0754 | 0827 | 0847 | 0907 | 0924 | 0941 | 0956 | 1011 | 1027 | 1042 | 1056 | 1114 | 1131 | 1148 | 15    | 1633 |
| Seven Kings Station ⇌            | 0656 | 0726 | 0759 | 0832 | 0852 | 0912 | 0929 | 0946 | 1001 | 1016 | 1032 | 1047 | 1101 | 1119 | 1136 | 1153 | mins  | 1638 |
| Chadwell Heath Wangey Road       | 0701 | 0731 | 0804 | 0837 | 0857 | 0917 | 0934 | 0951 | 1006 | 1022 | 1038 | 1053 | 1107 | 1125 | 1142 | 1159 | until | 1644 |
| Romford Market                   | 0709 | 0739 | 0812 | 0845 | 0905 | 0925 | 0942 | 0959 | 1016 | 1032 | 1048 | 1103 | 1118 | 1136 | 1153 | 1210 |       | 1655 |
| Romford Station ⇌                | 0712 | 0742 | 0815 | 0848 | 0908 | 0928 | 0945 | 1002 | 1019 | 1035 | 1051 | 1106 | 1121 | 1139 | 1156 | 1213 |       | 1658 |

|                                  |      |      |      |      |      |       |      |      |      |      |      |      |      |      |      |      |      |      |
|----------------------------------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| Stratford Bus Station ⇌ DLR      | 1618 | 1634 | 1650 | 1706 | 1722 |       | 2207 | 2222 | 2237 | 2252 | 2307 | 2322 | 2337 | 2352 | 0007 | 0022 | 0037 | 0052 |
| Forest Gate Green Street         | 1631 | 1647 | 1703 | 1719 | 1734 |       | 2219 | 2234 | 2249 | 2304 | 2316 | 2331 | 2346 | 0001 | 0016 | 0031 | 0046 | 0101 |
| Manor Park Broadway              | 1635 | 1651 | 1707 | 1723 | 1738 |       | 2223 | 2238 | 2253 | 2306 | 2318 | 2333 | 2348 | 0003 | 0018 | 0033 | 0048 | 0103 |
| Ilford Broadway Ilford Hill ⇌    | 1643 | 1658 | 1714 | 1729 | 1744 | Then  | 2229 | 2244 | 2259 | 2311 | 2323 | 2338 | 2353 | 0008 | 0023 | 0038 | 0053 | 0108 |
| Ilford High Road Hainault Street | 1648 | 1703 | 1718 | 1733 | 1748 | 15    | 2233 | 2248 | 2303 | 2315 | 2327 | 2342 | 2357 | 0011 | 0026 | 0041 | 0056 | 0111 |
| Seven Kings Station ⇌            | 1653 | 1708 | 1723 | 1738 | 1753 | mins  | 2238 | 2253 | 2307 | 2319 | 2331 | 2346 | 0001 | 0015 | 0030 | 0045 | 0100 | 0115 |
| Chadwell Heath Wangey Road       | 1659 | 1714 | 1729 | 1744 | 1759 | until | 2244 | 2259 | 2313 | 2325 | 2337 | 2352 | 0006 | 0020 | 0035 | 0050 | 0105 | 0120 |
| Romford Market                   | 1710 | 1725 | 1740 | 1755 | 1810 |       | 2255 | 2308 | 2322 | 2334 | 2346 | 0001 | 0014 | 0028 | 0043 | 0058 | 0113 | 0128 |
| Romford Station ⇌                | 1713 | 1728 | 1743 | 1758 | 1813 |       | 2258 | 2310 | 2324 | 2336 | 2348 | 0003 | 0016 | 0030 | 0045 | 0100 | 0115 | 0130 |

s - Schooldays only

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